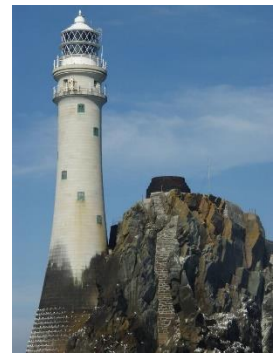


## Building Your Life on Solid Rock Part 5 The Battle for the Mind

<sup>24</sup> “Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Matthew 7 [final summary sermon on the mount]

<sup>27</sup> “You have heard the commandment that says, ‘You must not commit adultery.’

<sup>28</sup> But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart. Matthew 5:27-28



Real pollution in the world is not in the air, water or soil but in the **MIND HEART SOUL**  
To Be Useful to God we must be PURE! That comes from within!

We have reached the bottom of the garbage can today in the area of **PORNOGRAPHY**

**PSYCHOLOGICAL DAMAGE** Similar to Drug Addiction Dr. Victor Klein Univ. of Utah Prof Psychology  
>Addiction >Escalation >Desensitize >Action

**SOCIAL DAMAGE** Our society is more violent why?

Law enforcement authorities say “not all who view pornography are sexual deviant/perverts but all perverts and sexual deviants view pornography”

**DOMESTIC DAMAGE** Homes are destroyed Robert J Stoller professor of psychiatry,  
UCLA Med School “Hostility/Violence is the essential dynamic of all pornography”

**SPIRITUAL DAMAGE** Temptation comes from our own desires, which entice us and drag us away.

<sup>15</sup> These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.  
James 1:14-15

Jesus would have never handed down this mandate if were an impossibility! I Corinthians 10:13

<sup>9</sup> How can a young man cleanse his way? By taking heed according to Your word.

<sup>10</sup> With my whole heart I have sought You; Oh, let me not wander from Your commandments!

<sup>11</sup> Your word I have hidden in my heart, That I might not sin against You.<sup>12</sup> Blessed are You, O LORD!  
Teach me Your statutes.<sup>13</sup> With my lips I have declared all the judgments of Your mouth.

<sup>14</sup> I have rejoiced in the way of Your testimonies, As much as in all riches.

<sup>15</sup> I will meditate on Your precepts, And contemplate Your ways.

<sup>16</sup> I will delight myself in Your statutes; I will not forget Your word.

Psalms 119:9-16 [NKJV]

## THREE STEPS TO A CLEAN MIND

### STEP 1 ADMIT YOUR **PROBLEM** AND GET CLEAN

<sup>9</sup> How can a young man cleanse his way? By taking heed according to Your word.

Psalms 119:9

<sup>3</sup> You are already clean because of the word which I have spoken to you. John 15:3

<sup>9</sup> But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us  
from all wickedness. I John 1:9

## STEP 2 AFFIRM YOUR **PURPOSE** TO STAY CLEAN

<sup>10</sup> *With my whole heart I have sought You; Oh, let me not wander from Your commandments!*

Psalm 119:10 James 1:8, 4:8, Daniel 1:8,

<sup>11</sup> *made a covenant with my eyes not to look with lust at a young woman.* Job 31:1

## STEP 3 APPLY YOUR **PROTECTION** TO KEEP CLEAN

Do you have “protection?” [yes I meant to say that!! LOL] YOUR Protection is **GOD’S WORD!**

*Make them holy by Your Word....*John 17:17

>**Memorize God’s Word** --<sup>11</sup> *Your word I have hidden in my heart, That I might not sin against You.....* <sup>16</sup>.....*I will not forget Your word.* Psalm 119:11, 16

Quiet Time Philippians 4

>**Personalize the Word of God**--<sup>12</sup> *Blessed are You, O LORD! Teach me Your statutes.*

Psalm 119:12

Is there a .....1. Lesson to Learn? 2. Sin to Avoid? 3. Blessing to Enjoy?

4. Promise to Claim? 5. New Thot to carry with me?

>**Verbalize the Word of God**—<sup>13</sup> *With my lips I have declared All the judgments of Your mouth.*

Psalm 119:13

<sup>14</sup> *I will praise the Lord at all times. I will constantly speak His praises.*

Psalm 34:1

>**Vitalize the Word of God**--<sup>14</sup> *I have rejoiced in the way of Your testimonies ,**as much as in all***

**riches**..... <sup>16</sup> *I will delight myself in Your statutes;* Psalm 119:14, 16

>**Internalize the Word of God**--<sup>15</sup> *I will meditate on Your precepts, And contemplate Your ways.*

Psalm 119:15 “meditate” carries two meanings

1. Ruminare continually cow four stomachs draws back up

2. also carries meaning of humming ps. 119:23 48 97 148

*Walking in the Spirit* is when the Christian Life runs on **automatic pilot!**